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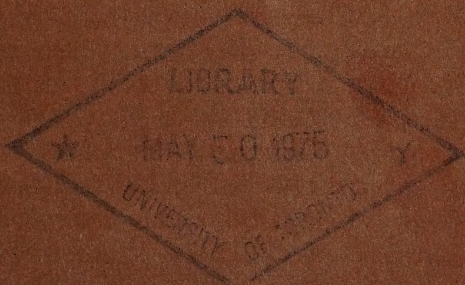
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**"C'mon.
Just one
more for
the road!"**



Ontario

Ministry of
Health

Pamphlets
EP-31

"C'mon. Just one more for the road!"

Do you ever take a drink when you really don't want one?

Do you ever drink more than you really want to?

If so, it's likely you're being influenced to do so by friends. Your well-meaning, hospitable friends.

Consider the host or hostess who seems to think that parties aren't a success unless all the guests are enticed to drink.

To them, this is being "hospitable".

They don't stop to think that they might be doing damage to their friends—especially if those friends have to drive home. Their hospitality could put some of their guests in hospital. Or worse.

What about you? How do you act when you throw a party?

Do you encourage your guests to consume large quantities of alcohol? Or do you let them drink at their own speed? And stop drinking when they tell you they've had enough?

Do you ever say things like, "Another one won't hurt you?" Or "C,mon. Just one more for the road." Or do you respect their self-restraint?

What if some of your guests don't want anything alcoholic to drink at all? Does that make you feel uncomfortable? Or do you already have alternatives at hand—fruit juices, soft drinks, tea or coffee?

Examine your motives if you urge your guests to overindulge. Couldn't you, in fact, get just as much satisfaction from planning specially interesting foods, games, and things for your guests to do other than drink?

Don't get us wrong. We're not against drinking. If people want to drink, it's up to them.

But we think you should be aware of the subtle—and often not so subtle—pressures friends sometimes put on you. And you sometimes put on them. To drink more than you want, more often than you want.

Here's an idea. Why not set up a bar before your next party. Then, when your guests arrive, tell them: "Help yourself when you want something to drink."

It might surprise you how much less they drink. And how much more they enjoy your hospitality.

**"Here's
to your
health."**